

Warm-up

Warming up your muscles prior to exercise is like warming up your car. You will increase the temperature and flexibility of your muscles, and be more efficient and safer during your workout.

Warm-up tips

- Warm-up for 5-10 minutes. The more intense the activity, the longer the warm-up
- Whatever activity you plan on doing (running, walking, cycling, etc.), do it at a slower pace (jog, walk slowly)
- Use your entire body. For many people, walking on a treadmill and doing some modified bent-knee push-ups will suffice.
- Don't shortchange yourself. Skipping the warm-up could lead to injury or poor performance

Cool-down

Cooling down after a workout is just as critical as warming-up. After working out, your heart is still beating faster than normal, your body temperature is higher, and your blood vessels are dilated. This means if you stop too fast, you could pass out or feel sick. Now is also the time to stretch, not before exercise, when your muscles are warm and more flexible

Cool-down tips

- Walk for about 5 minutes, or until your heart rate gets below 120 beats per minute
 - Stretching
 - Hold each stretch 15-30 seconds. If you feel you need more, stretch the other side and return for another set of stretching
 - The stretch should be strong, but not painful.
 - Do Not Bounce!
 - Remember to breathe while you are stretching.
 - Don't skip your cool-down. You will feel better throughout the rest of the day if you cool-down properly
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Pillar stretch:	Standing with your feet shoulder-width apart, interlace your fingers and reach upwards as far as you can.
Tricep stretch:	With both arms above your head, bend one arm so that your hand is reaching down your back. Lightly grasp your bent elbow with your other hand. Keep looking forward and slowly pull your elbow. Repeat on the other side.
Rear Deltoid stretch:	Extend both arms out in front of you. Bend one elbow so that it grasps the opposite shoulder. With your other hand, lightly hold your bent elbow. Slowly pull your elbow towards the opposite shoulder. Repeat on the other side.
Chest stretch:	Face a corner and place your hands on the wall about shoulder height. Lean into the corner.
Back stretch:	Interlace your fingers in front of you. Round your shoulders and back, pressing your hands out in front of you as far as you can.
Side stretch:	Stand with your feet slightly wider than shoulder-width. Keeping your posture straight, bend from your side, sliding your hand down your thigh towards your knee. Do not bend forward. Repeat on the other side.
Hip flexor stretch:	Kneel on the floor with one knee on the ground, and the other foot on the ground. Lean forward towards the forward foot so you feel the stretch on the front of the hip of the rear leg. Repeat on the other side.
Quadricep stretch:	While kneeling, grasp one ankle and pull it towards your buttocks. Keep your posture straight. Feel the tension along the front of the thigh. Repeat on the other leg.
Hamstring stretch:	Place one foot on a step about 6-8" high. Keeping that leg straight, bend forward from the hip. You should feel the stretch along the back of your leg. Keep your back straight. Repeat on the other leg.
Calf stretch:	Stand facing a wall and place your hands on the wall. Place one leg well behind your body. Keeping that leg straight, lean toward the wall. You should feel the stretch in your calf. Repeat on the other leg.
